

拍数: 32 墙数: 4 级数: Improver
编舞者: Robbie McGowan Hickie (UK) - August 2015
音乐: My Heart Ain't That Broken - Leslie Clio : (CD: Eureka - www.amazon.co.uk)



#16 Count intro

Alternative: "Can't Let Go" by Sunny Sweeney (97 bpm...) CD... "Provoked"

... also available as Download from iTunes & www.amazon.co.uk

#16 Count intro – Start on Vocals

Syncopated Rocking Chair. Right Lock Step Forward. Step. Pivot 1/4 Turn Right. Cross. 2 x 1/4 Turns Left. Cross.

1&2& Rock forward on Right. Rock back on Left. Rock back on Right. Rock forward on Left.
3&4 Step forward on Right. Lock step Left behind Right. Step forward on Right.
5&6 Step forward on Left. Pivot 1/4 turn Right. Cross step Left over Right. (Facing 3 o'clock)
7& Make 1/4 turn Left stepping back on Right. Make 1/4 turn Left stepping Left to Left side.
8 Cross step Right over left. (Facing 9 o'clock)

Side Step Left. Touch. Side Step Right. Kick Out. Behind. 1/4 Turn Right. Step Forward. Cross & Kick & Cross. 1/4 Turn Left. Kick.

1& Step Left to Left side. Touch Right toe beside Left.
2& Step Right to Right side. Kick Left out to Left side.
3&4 Cross Left behind Right. Make 1/4 turn Right stepping forward on Right. Step forward on Left.
5&6 Cross step Right over Left. Step Left to left side. Kick Right Diagonally forward Right.
&7 Step Right beside Left. Cross step Left over Right.
&8 Make 1/4 turn Left stepping back on Right. Kick Left forward. (Facing 9 o'clock)

& Right Lock Step Forward. Left Mambo Forward. 1/2 Turn Right – Clap x 2. Behind & Cross.

&1&2 Step Left beside Right. Step forward on Right. Lock step Left behind Right. Step forward on Right.
3&4 Rock forward on Left. Rock back on Right. Step back on Left.
5& Make 1/2 turn Right stepping forward on Right. Clap.
6& Make 1/2 turn Right stepping back on Left. Clap.
7&8 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. (Facing 9 o'clock)

Diagonal Lock Steps (Left & Right). Step. Pivot 1/2 Turn Left. Step Forward. Full Turn Right.

1&2 Step Left Diagonally forward Left. Lock step Right behind Left. Step Left Diagonally forward Left.
&3 Step Right Diagonally forward Right. Lock step Left behind Right.
&4 Step Right Diagonally forward Right. Step forward on Left. (Straighten up to 9 o'clock)
5&6 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right.
7& Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.
8 Step forward on Left. (Facing 3 o'clock)

Option: Counts 7&8 above ... Left Lock Step Forward.

Start Again

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